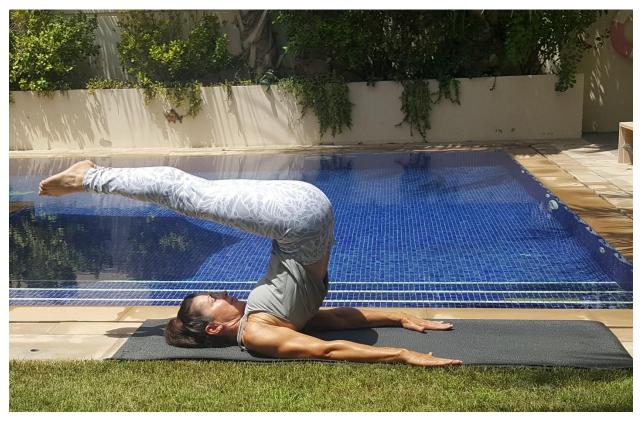
THE JACK KNIFE



"The Pilates Method teaches you to be in control of your body and not at its mercy."

This looks advanced and it is. Once mastered, you will fully appreciate the power and control from the core muscles and the amazing stretch. A bit of a workout for the triceps muscles too.

Anatomy

- Builds strength in the core.
- Tones the triceps.
- Stretches the back and shoulders.

Method – 3 repetitions

- Laying on your back with your legs stretched to the ceiling and squeezed together, stretch your arms along the ground, engage your core and inhale to prepare.
- As you exhale, press your arms and hands into the floor and lift your hips off the ground, stretching your legs back behind you so that you have a 90-degree angle at the hip.



- As you inhale, stretch your arms away as you press down and use your core muscle to stretch your pointed toes to the ceiling above your face.
- Exhale to take the legs back behind.

Teaching Tips

- Always cue pressing down with the arms as it is very easy to lose balance and injure the neck.
- For balance, the legs need to be glued together.
- Check that clients aren't taking the weight onto the head, but keeping it on the shoulders, again for the safety of the neck.
- No swinging!

Modifications

There aren't any really. Beginners and intermediate clients can build to it by strengthening the core and practicing the Roll Over.

Imagery

- Imagine the blade of a Swiss army knife clicking from one position to another.
- Arms glued to the mat.